

# SHARP!

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*Hello there! Do not waste time on unnecessary words and let`s get down to business.*

## Time management

It seems that there is never enough time in the day. You look at your watch, and it`s already time to go to bed. The question is where and on what did you spent your 24 hours? How is it possible that other people can achieve so much more than you can imagine?

If you recognized yourself in the previous paragraph, this article is for you.

### **1. Forget about your cell-phone**

Let`s be honest with ourselves: we are horribly addicted to these little things. Waiting for phone calls, messages or notifications from social networks. You can spend hours just surfing, but do you really need this? Let it go, seriously and turn on the “do not disturb” function.

### **2. Put a time limit on tasks**

Your brain can only focus between 90 and 120 minutes before it needs a break. So schedule breaks to avoid burnout and maintain high productivity throughout your day.

### **3. Don't multitask.**

It's a productivity killer. What`s more, a study at the University of Sussex in the UK indicates that multitasking may actually be physically harming your brain. For real, you are not really multitasking, it`s just task-switching and it`s slowing you down.

### **4. Do not wait.**

I beg you, stop it. There is no tomorrow for inspiration, no next week and no next month. Believe me, I know, what it is and you are just wasting your precious time on nothing. They say, appetite comes with eating. Same story with your tasks.

### **5. Perfection is not a goal**

It`s a myth. You could see many other possibilities to do something, but come on. Is everything around perfect? Just learn from your mistakes and do better next time.

### **6. Sleep**

Want to be productive? Give your brain a chance to analyse the awful amount of information and go get some sleep, because it`s very important for your mental health.

*-Your Sharp!*



# Linguistic Croesus

Hey, do you remember the project we started to introduce you to? Well, we haven't forgotten and here are two more languages to add to our "language roulette". It's always scary to do something new, but if you find this information inspiring, you can start to learn a new language whenever you want to. It's up to you.

So, good luck or 행운을 빌어요! ❤️



## **Improve career opportunities.**

South Korea economy is 13th largest in the world. Being competent in Korean will look great on your resume. It will make you an attractive addition to any team doing business.

## **Be able to understand movies and music you love**

Do not say you've never tried to sing K-pop songs.

피 땀 눈물 ~ And if you watch doramas you've already learnt some words. It's a beginning!

## **Boost your brainpower**

Learning to read and write in Korean is one of the great pleasures for any aspiring speaker as it is logical, consistent, and wonderfully elegant in its construction.

## **Most commonly spoken languages**

It has an official language status in 20 different countries and more than 550 million people speak Spanish with at least some degree of competence.

## **Spanish has a bright future**

A recent report published by the British Council ranked Spanish as the most important second language for British citizens to learn and Spanish shows no signs of slowing down

## **Helps your English**

You won't be able to look at the English language in the same way again. Just saying~ But it's not bad at all.





## It's still cold outside

This month is the cruelest to us, but we still could find a place to hide from the cold. Today we suggest that you look into Korean culture. Since you've already heard about K-pop, the Olympic Games and series, here are some films to watch. Do not forget to keep a wiper nearby.

### Cha-i-na-ta-un

**[IMDb]:** A newborn girl is placed in a coin operated locker in the subway station. The girl is raised by a mother who is the boss for a loan shark group. Later, when the girl has grown into a teen, she carries out missions given to her by her mother.

**[SHARP!]:** The road to hell is paved with good intentions. Somebody's kindness can kill a human inside, especially when the person is raised as a beast, a lonely wolf, who was taught to bark. There is no place for fairy tales and if you decide to watch this movie, do not be disappointed with a simple script 'you've seen a thousand times before'. The dark atmosphere of the film will swallow you and then spit you out desolate.



### Haeuhwa/Love, Lies

**[IMDb]:** Story follows Jung So-Yool who dreams of becoming the best singer during the time of Japanese occupation of Korea.

**[SHARP!]:** At first the film could remind you of "Memoirs of a Geisha", a kisaeng's house, occupation and beautiful music, but the story is different. It's still about love and even obsession, but jealousy might destroy everything and everyone. Do be careful, if you decide to watch this movie. You could recognize it as another love-triangle drama, but just look deeply. "Love is a lie" So-Yool would say. She didn't realise how honest she was at that moment about **her** feelings.



### Jaesim/Retrial

**[IMDb]:** Hyun-Woo, who is the sole witness to the murder of a taxi driver, is accused of committing the crime and persecuted and prosecuted. He is sentenced to a sentence of ten years. An opportunistic lawyer picks up the case sensing an opportunity, which leads to a struggle to reclaim justice.

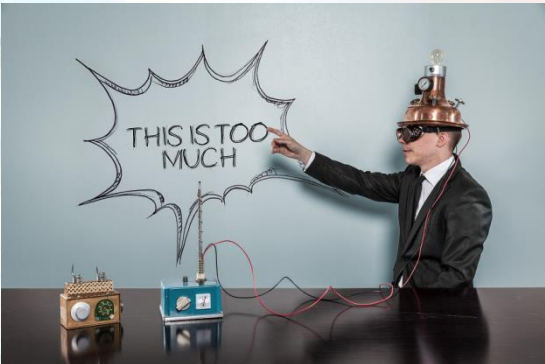
**[SHARP!]:** At first, the film is based on a real story and this fact makes this story awful and cruel. Law is a guarantee of protection, that's what we know from childhood. But when money is the only important thing in life even for a lawyer, where could people like Hyun-Woo find hope for justice?

The most important part of this film is the development of the characters, their spiritual growth. What is more precious? To get a giant salary or receive someone's total savings? Lawyer Oh Mi-Ri knows the answer.





## Information overdose



For real, it sounds like information overload and it's like a cold for your brain. It's also connected with time management and could easily distract you from your tasks.

There are, of course, nearly as many causes of information overload as there are bits of information available to us. However, the most common reasons behind modern information overload include:

- A rapidly increasing rate of new information being produced, also known as journalism of assertion, which is a continuous news culture where there is a premium put on how quickly news can be put out; this leads to a competitive advantage in news reporting, but also affects the quality of the news stories reported.
- The ease of duplication and transmission of data across the Internet
- An increase in the available channels of incoming information (e.g. telephone, e-mail, instant messaging)
- Ever-increasing amounts of historical information to dig through
- A lack of a method for comparing and processing different kinds of information
- The pieces of information are unrelated or do not have any overall structure to reveal their relationships

The question then becomes: **how do we help ourselves avoid information overload?**

1. **Feel free to ignore** information. Do recognize you can't consume every drop of information out there and don't feel guilty for ignoring some (or a lot) of it.
2. **Feel free to take action** without all the facts. We all do this at times – ask yourself “what's the worst that can happen?” when you realize the answer is “probably, not a lot” just take action.
3. **Create an information queue.** Don't feel pressured to deal with information as it arrives; put it to one side and tackle it in a quiet time of the day.
4. **Filter information** ruthlessly. Create filters on your e-mail box and ensure that only priority material catches your eye during the day. Use filters in your searches to reduce the amount of information you get on Google. Only deal with what is relevant and/or important.
5. **Delegate information responsibilities.** If you are part of a team – don't take responsibility for knowing everything; encourage people to specialize and then rely on their understanding.

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